

REGISTRATION FORM

MAIL TO:

MONROE INSTITUTE OF APPLIED SCIENCES
Route 1, Box 175 Faber, VA 22938

NAME(S) _____

ADDRESS _____

===== PLEASE REGISTER ME FOR THE FOLLOWING PROGRAM(S):

GATEWAY: VOYAGE.....Date: _____
 GATEWAY: DISCOVERY.....Date: _____
 FOCUS 12 CLUB.....Date: _____
 WORKSHOP: MICHAEL BROWNDate: _____
 DREAM WORKSHOP: ROBERT VAN DE CASTLE.....Date: _____

===== I AM ENCLOSING A DEPOSIT OF \$75.00 FOR THE WEEKEND PROGRAM AND/OR \$200.00 FOR THE WEEK-LONG PROGRAM. I LOOK FORWARD TO RECEIVING FOLLOW-UP INFORMATION. PLEASE BILL MY MASTER CHARGE # _____ (expires) _____ or VISA # _____ (expires) _____

-----Detach-----

MONROE INSTITUTE OF APPLIED SCIENCES
Route 1, Box 175
Faber, Virginia 22938
(804) 361-1252

Permit No. 4
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PAID
Nellysford, VA
22958

TO: _____



Address Correction Requested

Route 1, Box 175
Faber, VA 22938
(804) 361-1252

Schedule
of
Activities

1981



LOCATION

The Institute is located twenty five miles south of Charlottesville and ten miles north of Lovingston in Nelson County, Virginia. It is situated in the foothills of the Blue Ridge Mountains on 730 acres called the New Land. Woods, ridges, pastures, streams and awe-inspiring views of the mountains are a daily diet for participants.

Sessions take place in the Center, which is a building designed and constructed not only for ultimate comfort and relaxation, but with unique learning facilities which include large and small meeting rooms and twenty-four CHEC (Controlled Holistic Environmental Chamber) units. The CHEC units have a dual function, in that they are the sleeping quarters for the participant, as well as a very specialized learning center, supplied with headphones and environmental equipment. There is no other known facility in the world like this.

The setting for the Center is also a key element in the learning experience. The pastoral beauty of the Blue Ridge Mountains, away from the tensions and noises of the city, gives immediate impetus to mental and physical relaxation.

Charlottesville is the arrival point for those coming by plane, train or bus. Directions are available for those arriving by automobile.

1981 SCHEDULE

MARCH

20-22.....Focus 12 Club
27-29.....Image & Symbol

APRIL

3-5.....Focus 12 Club
12-17.....Management Training
24-26.....Intro to Psychosynthesis

MAY

2-10.....Gateway: Voyage
15-17.....Fascinations: Reflections of the Self in Nature
21-24.....Dream Workshop
29-31.....Focus 12 Club

JUNE

14-19.....Management Training
19-26.....Wilderness Vision Quest

JULY

3-5.....Focus 12 Club
6-12.....Dream Workshop
18-26.....Gateway: Voyage

JULY-AUG

31-6.....Wilderness Vision Quest
AUGUST

15-23.....Gateway: Voyage
27-30.....Dream Workshop

SEPTEMBER

4-6.....Focus 12 Club
6-12.....Wilderness Vision Quest
13-18.....Management Training
24-27.....Gateway: Discovery

OCTOBER

2-4.....Focus 12 Club
10-18.....Gateway: Voyage
21-24.....Dream Workshop
25-30.....Management Training

NOVEMBER

6-8.....Focus 12 Club
15-20.....Management Training

NOV-DEC

28-6.....Gateway: Voyage

ABOUT THE INSTITUTE

The Institute was founded by Robert A. Monroe, engineer, executive and author of JOURNEYS OUT OF THE BODY. His book, published in five languages, is distributed on a world-wide basis by Doubleday.

Upon completion of major facilities on the New Land, the Institute, which is an educational and research organization, is expanding by offering an additional selection of educational training programs.

The Institute is supported by tuition, donations, contributions, consultant fees and grants from foundations and other organizations.

The activities and policies of the Institute are directed by a Board of Advisors consisting of the following:

James Beal, Engineer
Warren Braun, Engineer
Wilson Bullard, Bio-Chemist
Anthony K. Busch, Psychiatrist
Thomas Campbell, Physicist
Gregory Chandler, Publisher
Carole Dean, Executive
David Francis, Executive
Arthur Gladman, Psychiatrist
William E. Herrmann, Educator
Fowler Jones, Psychologist
Mary Jane Ledyard, Psychologist
Todd Mickurea, Psychiatrist
Joseph Pearce, Author
Bill D. Schul, Educator
Stuart Twemlow, Psychiatrist

SELECTED WORKS

led by

MICHAEL H. BROWN, M.A.

VENUE AND DATES

Mar. 27-29--Image & Symbol
Apr. 24-26--Intro to Psychosynthesis
May 15-17--Fascinations:
Reflections of the Self in Nature

WILDERNESS VISION QUEST

Wilderness Vision Quest:
June 19-16
July 31-August 6
September 6-12

REGISTRATION FEE
WEEKEND 195
WEEK 250

Cost includes room and board and
round-trip transportation from area
of arrival in Charlottesville.

ABOUT THE LEADER

IMAGE & SYMBOL: This program will explore the use of two specific right-brain functions: the ability to enter the inner world of imagery and the ability to create symbols. Participants will learn to utilize these two functions in ways that expand their capacity for holistic living.

INTRODUCTION TO PSYCHOSYNTHESIS:

Psychosynthesis is a dynamic conception of psychological life and human evolution which stresses the harmonization of ordinary levels of awareness with higher states of consciousness. Beginning with the unique situation

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of each person, Psychosynthesis is growth oriented, and directs a person toward the actualization of latent talents and abilities.

FASCINATIONS: REFLECTIONS OF THE SELF IN NATURE: During this program, the focus will be on the development of transpersonal levels of awareness. In a process called "Fascinations", we will examine and explore those aspects of the land which attract our attention. Then we will connect to our inherent capacities to dialogue with energy systems within the mineral, plant and animal kingdoms.

WILDERNESS VISION QUEST: This is a week-long backpacking trip which has, as its purpose, the rediscovery of our essential wholeness through an intimate encounter with nature. Through an intense group process, and deep contact with the land, we will harmonize body, feelings and mind, and be open in dynamic ways to the spiritual dimensions of the world within and around us.

ABOUT THE LEADER

Michael H. Brown, with an M.A. in Psychology, and extensive training in Psychosynthesis, is deeply committed, as an educator, to the areas of inner exploration and self realization. As an artist, musician and poet, Michael has been combining his many talents to conduct personal growth training programs throughout the U.S. and Canada for over seven years.

led by
ROBERT VAN DE CASTLE, Ph.D.

WEEKEND WORKSHOPS

May 21 to 24
August 27 to 30
October 21 to 24

WEEK-LONG WORKSHOP

July 6 to 12

COST: WEEKENDS---\$250.00
WEEK-LONG---\$600

Cost includes room, board and round-trip transportation from point of arrival in Charlottesville.

ABOUT THE WORKSHOPS

How can we learn to tune in to our dreams? These dream workshops are designed to answer that question. Instruction will be provided on methods to improve dream recall, and several techniques will be presented to help explore the rich meanings contained in the symbols and metaphors of our dream imagery. We will carry out these exciting explorations in a group setting which will allow us to grow in self-understanding of others as we share and exchange the insights which evolve as we develop these techniques of self-discovery.

The unique facilities of the Center will be used for pre-sleep audio programming to enhance various forms of dreams. Attempts will be made to experience lucid "controlled" dreams, and creative and telepathic

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dreams. The weekend workshop will provide an introduction to these various dream modalities, while the week-long workshop will enable more in-depth coverage of these topics.

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ABOUT THE LEADER

Dr. Robert Van de Castle is a clinical psychologist who has had over fifteen years of experience working with dreams. Bob was formerly the Associate Director of the Institute of Dream Research in Miami, Florida and has been the Director of the Sleep and Dream Laboratory at the University of Virginia Medical School for the past thirteen years, where he is currently a Professor in the Department of Behavioral Medicine and Psychiatry.

Bob co-authored (with Calvin Hall) THE CONTENT ANALYSIS OF DREAMS and also wrote THE PSYCHOLOGY OF DREAMING. For several years, he led dream workshops at his farm and at the A.R.E. (Edgar Cayce) camp in southern Virginia. Known as the "Prince of the Percipients" for his successful demonstrations of telepathic dreaming in a controlled laboratory setting, Bob has also achieved recognition as a leading researcher in parapsychology. He has been interviewed on national TV by Barbara Walters, Mike Douglas, David Letterman and Tom Snyder.

GATEWAY PROGRAMS

Gateway is dedicated to the development and exploration of human consciousness. It is a system of exercises designed to aid the individual in the improvement of their own higher self, that they may experience profound areas of expanded awareness, achieve and willfully control their physical body and the out-of-body state, communicate with and visit other energy structures and realities.

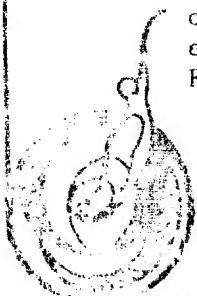
TECHNOLOGY:

The basics of the Gateway training process are the Frequency Following Response (FFR) and Hemispheric Synchronization (HEMISYNC), created in the electrical patterns of the brain by the induction of specific sound pulses both singly and binaurally into the human auditory system. Robert Monroe was granted a generic patent for this method and technique in 1975. By blending and sequencing such sound pulses, it is possible to aid the individual in developing states of consciousness not ordinarily available to them.

PRACTICAL APPLICATION:

The typical Gateway session consists of a series of conducted pre-recorded exercises utilizing both FFR, HEMISYNC, and vocal guidance to achieve progressive states of consciousness. These are

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heard through stereo headphones while in a relaxed position, under the supervision of Institute trainers and technicians. Reinforcement of feedback learning of such states is enhanced by lectures, discussions, and single interviews using standard accelerated learning techniques. Goals are achievement of: FOCUS 3 (BASIC HEMISYNC), FOCUS 10 (MIND AWAKE--BODY ASLEEP), FOCUS 12 (EXPANDED AWARENESS), FOCUS 15 (NO TIME), and FOCUS 21 (OTHER ENERGY SYSTEMS).

DISCOVERY SESSIONS (Weekend):

Development of primary Gateway states with emphasis on learning to self-direct and control consciousness in entry and return.

VOYAGE SESSIONS (Week-long):

Incorporating all previous Gateway training, plus exercises in use and direct application of such added consciousness, and individual exploration of other energy systems and realities.

FOCUS 12 CLUB (Weekend)

An advanced meeting for those participants who have completed the Voyage session. Reinforcement of all Gateway consciousness states, group penetration of other energy systems, one-to-one exploration.

DATES: See attached 1981 Schedule

FOCUS DISCOVERY-----	\$350.00
VOYAGE-----	\$850.00
FOCUS 12 CLUB-----	\$ 75.00

The above includes room, board and transportation to and from point of arrival in Charlottesville.